



National Nutrient Database for Standard Reference  
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Statistics Report 09106, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids

Report Date: June 30, 2017 06:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	76.64	10	0.380	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	88	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	368	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.06	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	22.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
<strong>Minerals</strong>													
Calcium, Ca	mg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Phosphorus, P	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	2.1	10	0.100	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.353	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Vitamin B-6	mg	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	32	5	1.140	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	637	5	22.808	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total polyunsaturated	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982